

NOVEMBER 2014



FIFTY PLUS

Lynchburg Parks and Recreation ~ 434-455-5858 ~ www.lynchburgva.gov/parksandrec

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. Evening/ weekend activities & times listed in "Orange" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

TEMPLETON SENIOR CENTER (TSC) 225 Wigginton Road - 455-4115

VETERANS APPRECIATION LUNCHEON

Monday, November 10
11:30am-1:00pm
Moose Lodge 715, Lakeside Drive

Entertainment, lunch, door prizes,
silent auction and more. Tickets
available at the Fairview & Templeton
Centers thru November 6th. Free to all
Veterans, who register in advance or
come by for their ticket.

Non-veteran tickets \$6.00.

Tickets available thru November 6th.

\$ Beading with Jamie

Learn beading techniques including
terms, bead selection, and composition
as you design your own beautiful
floating necklace and earring set.

Instructor: Jamie Carlund

Register by 11/10. Fee: \$10.00

74404.330

W 11/12 1:00pm-2:30pm

Experience the Galapagos Islands

Travel to the magical Galapagos
Islands with Nita and Bob Hempfling.
Learn about the amazing wildlife and
natural beauty of the area.

Tu 11/18 10:30am-11:30am

\$ Exploring Mindfulness Meditation

Explore the power of mindfulness

meditation, bringing more joy,
resilience, and tranquility to your life.
Research suggests it may improve
mood, decrease stress, boost immune
function, and may even change brain
function. Learn simple meditation
exercises to use at home.

Instructor: Susie Joiner

Register by 11/3.

Fee: \$20.00 LR: \$13.00

74201.330

Tu 11/4-11/18 9:30am-10:30am

\$ Genealogy on the Web

Interested in tracking your heritage?

There is a world of
information waiting to
be explored on the
internet, but not all sites are created
equal. Learn how to use the best ones
to full advantage and search the
census at home with free sites. New
information is constantly being added;
now may be the ideal time to find out
about your ancestry. Please bring your
own laptop, if possible.

Instructor: Marsha Berry

Register by 11/3.

Fee: \$32.00 LR: \$25.00

74002.322

Th 11/6-11/20 10:00am-11:30am

\$ Gmail Basics

Learn the fundamentals for using
Gmail: creating an account, settings,
filters, creating rules, managing
multiple accounts, chat, and more.
Bring your own laptop, if possible.

Instructor: Steffy Whitesell

Register by 11/3. Fee: \$10.00

73004.331

Tu 11/4 & 11/11 7:15pm-8:45pm

\$ Intergenerational: Fleece Crafting and Meal

Kids can sew! This easy crafting
project will be a fun project that your
special child will love. Parents and
Grandparents can work on these
projects together. After the crafting,
enjoy a warm and wonderful bowl of
chili. Fee is per person.

Register by 11/7. Fee: \$4.00

73004.332

Tu 11/11 4:30pm-5:45pm

\$ Mahjong Lessons

Learn this ancient Chinese game, similar
to the Western card game rummy.
Mahjong is a game of skill, strategy and
calculation and involves a certain degree
of chance.

Register by 11/6. Fee: \$10.00

73004.320

F 11/7-11/21 9:30am-11:30am

Meet the Author - Marie Colligan

Local, award-winning author of
"Marcel's Gift", Marie Colligan will talk
about her two latest released titles
"Over There" and "Murder in Small
Doses".

Th 11/6 10:30am-11:30am

\$ Oil Painting Express

Learn to mix colors and incorporate
basic design elements as you paint a
beautiful landscape. This one session
class will feature a scene from Central
Virginia. Students should bring their
11" x 14" canvas and brushes.

Instructor: Rodney Laughon

Register by 11/7.

Fee: \$45.00 LR: \$30.00

74400.330

Tu 11/11 1:00pm-4:00pm



\$ Sculpt and Tone Exercise Class

Begin with a cardio workout then focus on trimming and toning using weights, bands, steps and mats. No class 11/27.

Instructor: Steffy Whitesell

Register monthly. 4 weeks

Fee: \$36.00 LR: \$24.00

74209.330

Tu Th 11/4-11/25 **6:00pm-7:00pm**

\$ Thanksgiving Luncheon

Enjoy a traditional thanksgiving feast with all the trimmings. We encourage you to invite a friend who might otherwise be alone for the holiday.

Register by 11/21. Fee: \$6.00.

73000.330

Tu 11/25 11:30am -12:30pm

Video Chair Exercise Class - FREE

Get fit and have fun exercising. It's a great exercise program you can do right from your chair!

M,Tu,Th,F 11/3-11/25 9:30am-10:15am

\$ Watercolor Botanicals: Greeting Cards

Students will incorporate pencil drawing and sketching,, use of color, perspective, and depth as they relate to watercolor painting. Students should bring pointed round sable brushes # 4 and #6 and a small scrubber brush. For optimal results, students should bring their own goose neck lamp.

Instructor: Ginny Klute

Register by 11/4.

Fee: \$70.00 LR: \$55.00

74400.333

Th 11/6-11/20 1:00pm-4:00pm



\$ Yoga

This class combines stretching, breathing, and holding postures for better overall health.

Instructor: Debbie Ladd

Register monthly. 4 Sessions

Fee: \$36.00 LR: \$24.00

74203.330

Tu 11/4-11/25 8:15am-9:05am

\$ Zumba

Energize your day with a great cardio workout as you move to the beat of Latin inspired music. No class 11/27.

Instructor: Steffy Whitesell

Register monthly. 4 Weeks

Fee: \$36.00 LR: \$24.00

74205.330

Tu Th 11/4-11/25 1:00pm-1:45pm

\$ Zumba PM

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music. No class 11/26.

Instructor: Kirstin Eubank

Register monthly. 4 Weeks

Fee: \$36.00 LR: \$24.00

74208.330

M W 11/3-11/24 5:00pm-5:45pm

Special Interest at TSC

Canasta

Have fun and challenge your brain as you play this popular card game. New players/beginners are always welcome.

F 11/7-11/21 9:30am-11:30am

Current Issues & Events

Dr. Jim Campbell leads this interactive group as they discuss hot topics in the news. Group will only meet one time in November and once in December.

W 11/12 10:30am-11:30am

Literature for Life

Leader, Dr. Jim Campbell, explores a variety of American Literature and poetry. New comers are welcome.

Th 11/13 10:30am-11:30am

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, it's a great way to exercise your brain. Beginners welcome. No mahjong 11/27.

Th 11/6-11/20 9:30am-12:30pm

Social Bridge

Bring your foursome and enjoy time with friends as you play, learn and improve your game.

Tu 11/4-11/25 9:30am -11:30am



FAIRVIEW CENTER (FC)

3621 Campbell Ave. - 847-1751

Bingo

Enjoy a morning of Bingo fun! Bring two, new, unwrapped gifts to be used as prizes.

W 10/26 10:30am-11:30am

\$ Ceramics Club

Select your own project. Check with Jamey for pieces and pricing.

Register monthly.

Club Fee: \$5.00

W F 11/5-11/21 9:30am-11:30am

\$ Core Flex Fitness

This hour long, challenging class draws from yoga, Pilates and stability ball training to work on your strength and flexibility. No class 11/26.

Instructor: Steve O'Neill

Register monthly by the first class.

Fee \$36.00 LR: \$24.00

63300.332

M & W 11/3-11/25 **6:30pm-7:30pm**

\$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. No class 11/28.

Instructor: Jan Baker

Register monthly by the first class.

Fee \$36.00 LR: \$24.00

63303.330

MWF 11/3-11/26 11:30am-12:20pm

\$ Jewelry Making for Beginners

Learn basic beading techniques as you create a necklace and earrings. Supplies are needed for this class include 1 strand of large beads at least 10mm, 1 strand of small beads at least 5-6mm, 1 strand of spacers, earring wires and the clasp of choice for necklace.

Instructor: Judy McGehee
Register by 11/5. Fee: \$8.00
63600.331

M 11/10 6:00pm-7:30pm

Knitting Group

Are you interested in knitting? Join fellow knitters in this fun, social knitting group that meets the 3rd Wednesday of every month. Bring your current project or start a new project. Call Jamey at Fairview 847-1751 for more information.

W 11/19 10:00am-12:00pm

\$ Lunch and Learn: Disaster Preparedness

A representative from Dept. of Emergency Services will present important information and tips to help you be prepared for emergencies. Also, learn the importance of having an emergency kit prepared and ready in advance. Lunch will be served for the \$4.00 fee.

Register for lunch by 11/7.

Lunch Fee: \$4.00

63400.330

W 11/12 11:00am-12:30pm

\$ Pottery Craft: Pillow Vase

Using clay, design and paint your own pillow vase. This is a two part class.

Instructor: Sue Matherly

Register by 11/5.

Fee: \$8.00

63600.330

W 11/7 & 11/14 10:30am-11:30am

Special Interest at FC

Billiards

Two tables are available for recreational billiards.

M W F 11/3-11/26 9:30am-1:00pm

\$ Line Dance

Interested in line dancing for fun? Join this group of dancers any Wednesday and enjoy an energizing morning.

Fee: \$2.00/class. Pay on site.

W 11/5-11/19 10:30am-11:20am

Social Bridge

Do you enjoy playing bridge and making new friends? Come join the fun at the Fairview Center.

M 11/3-11/24 10:00am-11:30am

OTHER LOCATIONS

\$ Bowling

Enjoy weekly recreational bowling without the cost and commitment of league attendance and play.

Game Fee: \$1.25/game plus tax
Fort Hill Bowling Center,
6015 Fort Ave.

Tu 11/4-11/25 1:00pm-3:00pm

\$ Fifty-Plus Pickleball

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. No games on 11/27.

Staff: Marsha Berry

Register & pay monthly.

Fee: \$10.00

Heritage United Methodist Church,
582 Leesville Road
73703.330

Th 11/6-11/20 2:00pm-5:00pm



☎ Golden Gourmet at Charley's Restaurant

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share.

Register by 11/19. Call 455-4115.
73700.330

Meet at: Charley's Restaurant,
707 Graves Mill Road

F 11/21 11:30am-1:30pm

New Chapter Book Group

When Work Pickens finds his father murdered, the investigation pushes a repressed family history to the surface and he sees his own carefully constructed façade begin to crack in 'The King of Lies' by John Hart. Share your insights into this thriller that is both suspenseful and poignant.

Meet at: The Drowsy Poet, Givens
Book Store, 2236 Lakeside Drive

M 11/24 10:00am-11:30am

Coming in December

\$ Beading with Jamie

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful holiday earrings.

Instructor: Jamie Carlund

Register by 12/2. Fee: \$10.00

74404.330

Th 12/4 10:30am-11:30am

\$ Intergenerational Christmas Crafts and Meal

Holidays offer special times of bonding with the children/grandchildren in your life. Make special Christmas crafts together and stay for a plate of spaghetti. Fee is per person.

Register by 11/26.

Fee: \$4.00

73004.341

Tu 12/2 4:30pm-5:45pm

Softball Luncheon @ Golden Corral

Join other softball enthusiasts as we wrap up the 2013 season and enjoy lunch together. All softball players and their invited are welcome to partake in this annual luncheon. Call 455-4115 and register by 12/2.

W 12/3 11:30am-1:00pm

Tips for Staying Warm

- Maintain a room temperature of at least 68 degrees during the day and evening and 63 degrees overnight.
- Wear layers of warm dry clothing including hat and gloves. Wet clothing negates the insulating effect.
- Cover exposed skin surfaces as protection from frostbite. Warm gradually by wrapping or placing next to warm skin. Do not rub affected areas.
- Be aware of hypothermia: stiff muscles, puffy face, slowed breathing, poor physical condition and mental confusion. If these signs are recognized call 911.
- Drink beverages like tea, coffee, hot chocolate & soup.
- Maintain good nutrition and get plenty of rest.

Inclement Weather Policy

Again this year we will be following the Lynchburg City School closing policy for morning activities. If city schools are closed, our morning activities are cancelled. If city schools are opening late, we stay on schedule and open at the usual time, providing roads/parking lots are plowed and clear.

- Closings will be announced on Comcast Channel 2 and other local TV newscasts.
- Decisions for afternoon and evening classes will be made on an individual basis after 12:00 noon. Please be sure we have a current phone number and e-mail address. Call 455-4115 if you have any questions.

Your safety is always our top priority!



YOU Can Help... Be A Santa To A Senior



Sponsors & Volunteers Needed

Home Instead Senior Care, in partnership with the Central Virginia Area Agency on Aging, is once again sponsoring the annual **Be A Santa To A Senior** program. Sponsors are needed to help make this upcoming holiday a happy one for area senior adults in need.

Be A Santa To A Senior SPONSOR TREE at Templeton

Help make someone's holiday a little more special. Stop by the center and select the name of a needy senior, shop for the requested items and return the gift along with the tag to the Templeton Center by December 1st.

Volunteers are needed to help wrap gifts at the Be A Santa To A Senior **Wrapping Party at the Templeton Center on Tuesday, December 10, 10:00 am - 4:00 pm.** Wrapping will continue on Wednesday & Thursday, (same hours) as needed.

Additional needs: Gift boxes, tissue paper, ribbon, gift bags, tape and wrapping paper. Volunteers will also be needed to help deliver the wrapped gifts.

Contact Home Instead, 385-0321, for more information.

Mail-In Registrations

In order to be registered for a class or activity requiring advance registration and payment (as indicated by **\$**) a completed & signed registration form must accompany your payment. Checks should be made payable to: City of Lynchburg. Completed forms may be mailed to:

**Lynchburg Parks & Recreation
Templeton Center
225 Wiggington Road
Lynchburg, VA 24501**

Newsletters are available for pick-up at the following locations:

- Lynchburg Community Market
- Lynchburg Public Libraries
- City Hall
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging
- Beard Center on Aging, Lynchburg College
- Walgreens Pharmacy, Wards Rd.
- Forest Library
- Various doctor's offices



City Wide Program Staff

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Fairview Center

Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.